

VIJNANA YOGA CENTRE YURTLAND

WITH FLO DEDAME



235 James Way · Off Malaspina www.VijnanaFloYoga.com 250- 618 2804

SPRING OFFERINGS APRIL 16- MAY 31 2024

***TUESDAY- 9.30- 11.15 AM (7 WEEKS)**

SPRING MELT- RENEW- CONNECT- HYDRATE AND RESTORE COHESIVE EFFICIENCY IN THE FASCIAL MATRIX THROUGH DIMENSIONAL BREATH, EMBODIED MOVEMENT SEQUENCES, AND MELT TREATMENT. PROPS PROVIDED.

***FRIDAY- 9.30- 11.15 AM (7 WEEKS)**

RECLAIMING OUR ROOTS- THE BLUEPRINT OF TRADITIONAL YOGA PRACTICE IN THE VIJNANA TRADITION. GENTLE, INTUITIVE, PRACTICING FROM INSIDE.

***SATURDAY- 10.00- 11.45 AM (5 WEEKS)**

IN THE ROUND & ANIMAL MOBILITY- DISCOVER THE JOY OF A UNIQUE PRACTICE WITH RINGS SPRINKLED WITH FLOOR SEQUENCES FOR POWER AND AGILITY.

A SPRING PLAY INFUSED WITH A REFRESHING MELT TREAT AT THE END OF CLASS!

***SPRING PASS (MIX AND MATCH)- 7 WEEKS \$225 5 WEEKS \$165 DROP-IN \$35
PLEASE REGISTER. INFO@VIJNANAFLOYOGA.COM**

SUNDAY PRACTICE- 9.45- NOON (EARLY SIT STARTS AT 9.15 AM)

EMBRACE THE FULLNESS OF YOGA PRACTICE IN A MINI RETREAT SETTING. FROM SITTING TO KRIYAS, FROM PRANAYAMA TO ASANA, REFLECTION TO CHANTING. OUR SPRING INTENT WILL INTUIT EACH SUNDAY INTO A DIFFERENT FLAVOR.

APRIL 21- FORWARD BENDS/ TWISTS

APRIL 28- ARM BALANCES

MAY 5- HEART OPENINGS

MAY 19- MIX PRACTICE

COST- \$ 40 DROP-IN

LET ME KNOW IF YOU ARE JOINING SO I CAN PREPARE YOUR SPACE.

FRIDAY- 7.00- 8.30 PM

DANCING THE BODY OF LIGHT- FROM DUSK...MAYBE TILL DAWN!

CELEBRATING THE ANCIENT ART OF YOGA AND DANCE AS THE HIDDEN LANGUAGE OF THE SOUL. AN ENCHANTING AND MAGICAL THREAD OF CHOREOGRAPHED PIECES TO AWAKEN THE CREATIVE, THE INTUITIVE, THE HEALING.

APRIL 19 & 26 MAY 3 & 10 PLEASE REGISTER. SPACE IS LIMITED...YOU ARE NOT

BY DONATION-